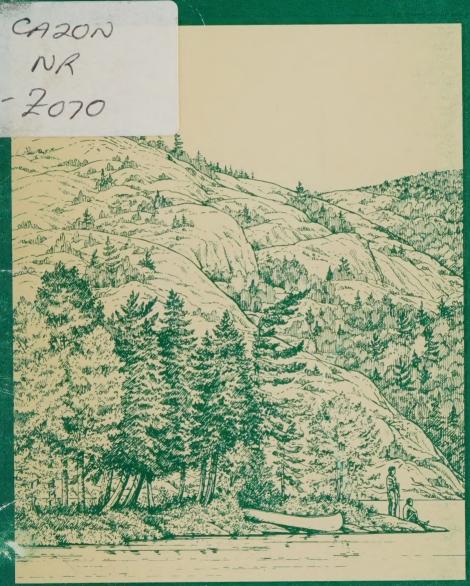
# Killarney Provincial Park Hiking Trails





Ministry of Natural Resources



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### Killarney Provincial Park

## Hiking Trails

#### Guides in this Series:

- Cranberry Bog Trail
- **Granite Ridge Trail**
- La Cloche Silhouette Trail

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The Friends of Killarney Park

c/o Killarney Provincial Park Killarney, Ontario POM 2A0

This publication is a co-operative production by the Friends of Killarney Park and the Ontario Ministry of Natural Resources.

#### Tips for Along the Trail ...

- This is a wilderness park. Do not exceed your capabilities. You are responsible for your own health and safety.
- Leave no trace of your visit. Help preserve Killarney's natural beauty and heritage.
- All water in the park interior should be boiled for at least five minutes to prevent the risk of contracting giardiasis.
- Hike only along marked trails. If venturing into the backcountry, obtain a copy of the park map, available from the park office.
- Persons wishing to hike the *La Cloche* Silhouette Trail must obtain an interior camping permit at the park's main gate. Reservations can be made in advance by calling the park office, (705) 287-2368 during normal business hours in the park operating season.
- Hikers on the *La Cloche Silhouette Trail* should note that a quota system is in effect. Refer to the *La Cloche Silhouette Trail* section of the Guide for details.
- Note that camping is permitted only at designated campsites.
- Small parties are a must in order to reduce the impact on campsites. No more than nine individuals may camp at one campsite.

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Established in 1986, the Friends of Killarney Park operates under an agreement with the Ministry of Natural Resources wherein it has assumed responsibility for Killarney Park's existing publications. The Friends pays for reprinting of the publications and receives all revenue from their sales. Proceeds generated from these publications and other sales may be used, with Ministry approval, to develop new publications and fund other Park projects deemed worthy by the Friends.

The activities of the Friends are co-ordinated by a Board of Directors, whose members are elected by the membership for a three-year term.

Individuals, families and corporations also provide important support to the Friends through the payment of membership fees, the purchase of publications and other articles and donations. You may support the Friends of Killarney Park by becoming:

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All Donors will be recognized in the Annual Newsletter. Official receipts for income tax purposes will be issued on request for donations under ten dollars and automatically for donations over that amount. Due to Income Tax regulations, donations cannot include a membership fee.

A Membership Application form for the Friends of Killarney Park is included overleaf.

#### Acknowledgements ...

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I would like to join the Friends of Killarney Park. Please send me full information and a membership application form.

•	ess:
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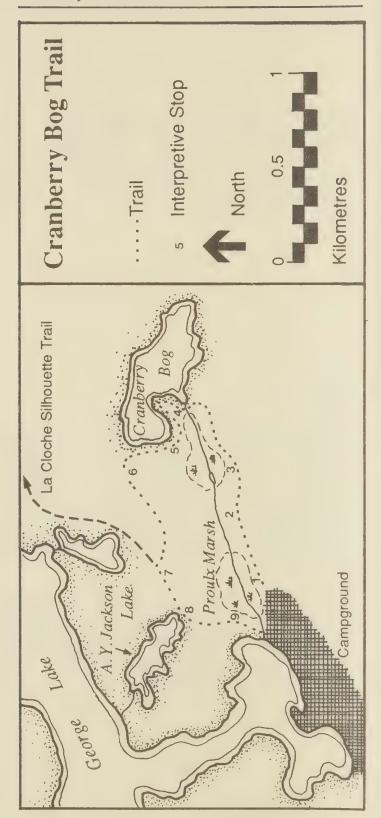


# Cranberry Bog Hiking Trail

#### Introduction

The Cranberry Bog Trail is approximately 4 kilometres long and takes from  $2^{1}/2$  to 3 hours to complete. By doing the entire loop, you finish at the Silver Peak Trailhead of the La Cloche Silhouette Trail. Although the terrain should pose no difficulties for the average hiker, sturdy footwear should be worn. Insect repellent and something to drink are also recommended.

The headings in the guide refer to numbered stops along the trail. To show consideration for other hikers, please remain on the trail, leave plants for those who follow to experience, and carry out your litter. Enjoy the hike!



Friends of Killarney Park

Many people consider bogs, marshes and swamps to be one and the same, when actually they are all quite different. Along the trail, different clues can be found as to how these wetlands were formed. Some of these clues also illustrate just how important wetlands are to a variety of wildlife.

A swamp is a water-logged area where trees, shrubs, herbs and mosses grow. During the wetter seasons, still or gently flowing water covers much of the surface.

A bog is a wetland in which floating mats of sedges and sphagnum moss form. Small, stunted trees are sometimes scattered across the mats. The water is fairly acidic and poor in nutrients.

A marsh is a wet area in which water levels change with the seasons, but the roots of grasses, sedges and rushes which dominate are always in water-saturated soil during the growing season. Plant growth is quite lush since the soil and water here are rich in nutrients.

#### 1. Life in a Marsh

Proulx's Marsh is named after Alec Proulx, a local homesteader, who used it as a grazing ground. The bluejoint grass found in wetlands such as this fed his livestock.

The open water in the centre of the marsh is gradually being colonized by a variety of grasses, sedges and rushes. The cattails before you, with their tall stems holding up brown "tails" of tightly packed flowers, are perhaps the most

conspicuous of marsh plants. They provide perches for red-winged blackbirds trying to defend their territories. Areas of dense cattails form ideal cover in which ducks and bitterns can safely nest. Great Blue herons stalk for frogs and small fish in the shallows.

The best times to view marsh wildlife are at dawn and dusk, when animals are most active.



Red-winged Blackbird and Cattails.

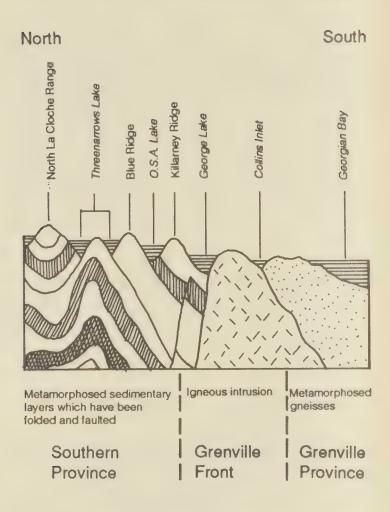
This marsh is the first of a series of waterbodies all connected by the same stream. Along the way you may notice that the local geology has had a profound effect on the drainage pattern of the area. The stream lies in a narrow valley created by parallel ridges of exposed bedrock. Beavers have dammed the stream in a number of spots, creating a chain of small wetlands which continue upstream. Can you see any evidence of beaver activity here? Watch for more signs of beaver along the trail.

Notice the small cliff directly across from you. On the return loop, the trail reaches a lookout on top of the cliff from which you can view the entire marsh.

#### 2. A Geological Boundary

Do you notice a difference between the rock you are standing on and the high cliffs to the north? The grey rock directly underfoot as well as the pink outcrops along the shores of Proulx Marsh are *granites*, while the white ridges to the north are of *quartzite*.

These two different rock types are from two distinct geological regions or *provinces*. The white quarzite ridges of the La Cloche Mountains are part of the Southern Province, while the grey and pink granites we see on this trail, around the campground and on the Granite Ridge Trail, are part of the Grenville Province. We are standing on the boundary between these two provinces. This boundary—called the Grenville Front—extends northeastward for over 2000 kilometres to the coast of Labrador!



Simplified geological cross-section of the Killarney area (after Surveys and Mapping Branch).

Sedimentary rocks were formed by the settling of materials such as sand, silt and clay on ancient lake and river beds. Over time, these layers of sediments were compressed, forming into rock.

Igneous rock originated as molten lava from deep beneath the earth's crust. This rock intruded to the surface, or lay in large bodies beneath the surface. As it cooled, it hardened and recrystallized.

Metamorphic rock is the term used to describe rock that has been changed from its original state due to intense pressures and temperatures over long periods of time.

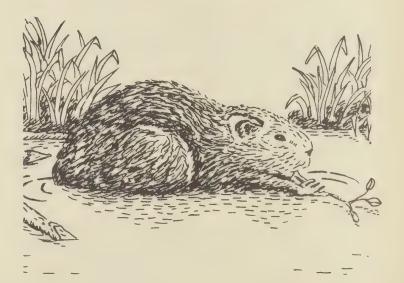
Killarney's rugged hills are the result of the folding and faulting of rock layers due extreme forces within the earth's crust. Once much larger mountains, a great deal of the original material has since been removed through erosion and glaciation. Today one can see examples of all three rock types in different sections of the park. The northern section contains sedimentary rock layers, as well as sedimentary rocks which have since been altered through metamorphism. The Grenville Province consists of metamorphic rocks, which were originally of the igneous and sedimentary type. Between these two areas is a zone where igneous rock, originally in the form of molten lava, has intruded.

As you may well imagine, the geology of the Killarney area is quite complex. For more a detailed study of the topic, refer to the publication Geology and Scenery of the Killarney Area; Ontario Geological Survey Guidebook No. 6 by R.L. Debicki, 1982. This 152-page book is available through the Ontario Government Bookstore, 880 Bay Street, Toronto, Ontario.

#### 3. Beavers, Trees and Cattails

The dead and standing trees in this marsh are evidence of changes here. The fact that trees once grew in this habitat indicates that the area was dry land not so long ago. Beavers have been busy here, constructing dams and flooding the forest. In this way, beavers have raised the water level to create a more suitable habitat for themselves. The "beaver pond" offers protection from predators. Beavers generally range inland only a short distance from the shore, felling mainly poplar and birch trees—their preferred food source. The branches are stored in the water in feed piles for winter use.

A single beaver fells, on average, about 200 trees a year for food and building materials. Once they have exhausted the supply of suitable tree species, they will move on to new forests to repeat the cycle. As time passes, this marsh will eventually fill in and return to forest.



Beaver

The dead trees in the marsh "drowned" because their roots were not able to absorb oxygen from the water-soaked soil. How, then, can cattails survive in this wet habitat? The long stalk of the cattail contains well-developed air passages which enables oxygen to be transported down to the roots.

As in Proulx's Marsh, an abundance of wildlife can be seen or heard if you visit the marsh at the right time. The best way to view wildlife is to sit quietly. Relax, and let "nature" come to you!

#### 4. Cranberry Bog

Like the two wetlands you have already visited, Cranberry Bog is also affected by the activities of beaver. To the right of the bridge you can get a close-up view of a beaver dam. Downstream, to the left, are several more tiers of beaver dams.

Although not very far from the two marshes already visited, the conditions in which plants must survive are quite a bit different here in the bog. First of all, the bog is a stagnant body of water at the top of the stream system—no streams flow in to provide fresh water, full of mineral nutrients or oxygen. Secondly, the water of the bog is quite acidic, which makes the absorption of nutrients by plant roots quite difficult.

One of the most abundant plants which grows in this stagnant water is *sphagnum moss*. It grows out from the shore into open water to form thick floating mats that could eventually cover the entire bog. As sphagnum and other plants on the mat die, they are replaced by new growth. Layers

of dead plant material build up under the floating mat of live plants. Saturated with water, the dead sphagnum becomes acidic. The acidity and lack of oxygen in the water slows down the process of decay. This results in partially decomposed leaves, stems and roots accumulating as *peat*.

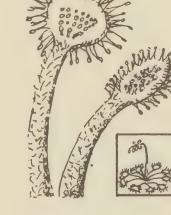
The peat that is used in gardens and potting soil is, in fact, the very same material that accumulates in bogs such as this. The peat continues to accumulate, adding to the thick, spongy mat—it can become thick and strong enough to support the weight of an animal. Remember, the mats are still floating and you may sink if you venture out on one. Small plants, shrubs and even trees take root and grow on the less acidic organic matter accumulating on top of the mats.

In this harsh environment of acidic water, low nutrient levels and bright sunlight, plants have had to adapt in a number of interesting ways in order to survive. If you climb down to the waters edge here or at other points along the shore you may get a closer look at some of these plants.

Acidic water is difficult for plants to use. With all that water in the bog, it seems a paradox that little is available for plants—the result being near desert-like conditions. One plant that has adapted to these conditions is a low shrub called leatherleaf. It can be identified by the underside of its leaves, which are rust-coloured. The leaves are leathery, narrow and turned under at the edges. This reduces the amount of surface area exposed to the drying wind and sun, helping to prevent moisture loss.

The *sundew* is a tiny plant, only a few centimetres tall. It has small round leaves, each on a slender stalk. On the leaf are located reddish hairs which exude a sticky juice which looks like dew drops—hence its name. Insects become trapped on these small sticky hairs. The dissolved insects supplement the mineral requirements of the sundew. Look closely at the nearby mats to find these tiny plants.





Leatherleaf

Sundew

The pitcher plant is so called because of its large, open-mouthed "pitcher" which is a leaf modified to catch insects. Attracted by sweet-smelling nectar, insects are lured to the lip of the leaf. The inside of the pitcher is so slippery that insects venturing inside cannot avoid falling or sliding down into the water contained in the leaf. Stiff downward pointing hairs prevent the prey from crawling back out. Digestive enzymes help to break down the insect to form a "soup". Nutrients from the dissolved insect are absorbed into the wall of the pitcher. Undigested exoskeletons remain in the water, which is ready to drown the next victim.

The bog's namesake, the *cranberry*, has no special adaptation to feed off animals. In fact, the reverse happens. First called the "craneberry" by colonists, the shape of its pink bell-like flowers on tall stems were thought to resemble the head of the old country "crane" birds. Ripe in August, the bright red, juicy cranberries are rich in Vitamin C and thus were collected and eaten as an excellent preventative of scurvy.



Pitcher Plant

Cranberry

These are just some of the plants that can be found here. As you continue along the trail, close to the waters edge, watch for other plants growing on top of the mats. A variety of tree species, such as tamarack or larch, black spruce and even the occasional white pine can be seen.

#### 5. A Glacial Record

Can you find any evidence that a massive sheet of ice—a glacier—passed over this area some 9,500 years ago? The glacier at this point was about 2 kilometres thick. As the ice advanced across most of Canada and the northern United States, it removed everything in its path: uprooted vegetation, dislodged any loose rock, carried off the surface soil, and polished the bedrock.

Glacial ice only moves in one direction. A "retreating" ice sheet is simply one that is melting faster than it is moving forward, thus, it appears to be receding. As the glacier advanced, rock debris trapped in the ice was pushed along the bedrock, scouring it. Like coarse sandpaper on a piece of wood, glaciers left marks on the bedrock over which they passed. Can you find any marks on the rock here?



Chatter Marks

Long, thin grooves or scratches, called *striations*, were created by hard rocks that were dragged under continuous pressure in the ice.

Occasional *chatter marks*, scallop-shaped nicks or chips in the rock, are perhaps caused by larger boulders that were under uneven pressure, periodically coming in contact with the bedrock. From marks like these, geologists can determine the direction in which the glacier was advancing, which in this area appears to be southwesterly.

In the time that has passed since glaciation, other natural forces have continued to change the surface of the rocks. You may have noticed large blocks of rock with outer layers cracked or broken. This is usually the result of repeated warming and cooling of the outcrop. At night the rock can be quite cool; during the day, the outer surface can be heated quite rapidly by the rays of the sun. The outer layers expand more rapidly than the inner parts of the rock and great stresses occur. Repeated continuously, the rock fractures in thin layers. This process is known as *exfoliation*.

Seasonal temperature variations, such as when water in the rock freezes and expands, also cause fracturing and splitting of rock. Gravity also plays a part in this freeze-thaw cycle, as large piles of broken rock, or *talus*, collect at cliff bottoms.

These processes are generally referred to as weathering. Although it may seem minor when compared to the effects of glaciation, weathering has, and will continue, to change the land-scape of Killarney.

#### 6. Hardy Pioneers

After the discussion about glaciation at the last stop, one may wonder how the forest has been able to return to an area that was scraped down to bare rock 10,000 years ago. In fact, even today, two-thirds of Killarney's landscape lies as exposed bedrock or is covered by only a thin layer of soil.

The process of changing from bedrock to forest is a long one. Amazingly, it begins with a single type of plant—the lichen. Lichens (pronounced "likens") are actually a combination of two very different plants living together—a fungus and an algae. The fungus provides minerals and anchorage; the algae carries on photosynthesis, producing food for both partners.



Lichens are the first plants to colonize bare rock.

If you have ever walked barefoot over rocks warmed by the hot summer sun, you know how hot they can get. Yet, lichens can tolerate such intense heat. The key to lichen survival lies in its ability to dry out very quickly. When dry, all growth ceases and, in this "dormant" state, extremes of heat and cold can be endured.

Lichens grow very slowly. Their radius increases at a rate of a mere 0.1 to 10 millimetres a year—no more than the width of your finger nail! Due to this slow growth rate, their nutrient requirements are low—an important factor in their ability to survive on nutrient-poor surfaces such as granite and quartzite rocks.

Lichens are somewhat acidic in nature, enabling them to slowly break down the rock surface on which they have colonized. Mycorrizhae, tiny roots of the fungal portion of the plant, work their way into microscopic pits in the rock surface. Here, they swell when moisture is available. Eventually, this expansion weakens the surface rock layer. Tiny particles of rock are broken off and collect in the mat of lichens, or in cracks in the rock. Over time, patches of soil are formed where other plants can become established; these include mosses, grasses, sedges and ferns. Organic material as well as moisture accumulates in these patches until, eventually, even shrubs and trees can grow. Further examples of this can be seen at the next stop.

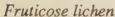
The trail continues over open, rocky terrain before descending into the moist coolness of a hemlock stand. Here, the trail connects with the La Cloche Silhouette Trail, a multi-day route that traverses the interior of Killarney. Turn left at the intersection to follow the return loop of the Cranbery Bog Trail.

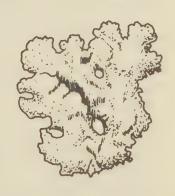
#### 7. Living Murals

This section of trail parallels a smooth cliff wall. Moisture seeping from the cliff face has enabled a relatively luxuriant growth of vegetation to establish, forming a "living mural" on a backdrop of grey granite. Some lichens hug the rock face tightly, appearing like blobs of dried paint on the rock. Others resemble dried "corn flakes" or miniature "elephant ears" hanging loosely from the rock wall.

There are three main types or growth forms of lichen. Crustose lichens form as black dots or grey-green rings clinging tightly to the rock surface. Foliose lichens are more loosely attached and are leaf-like in appearance. The fruticose growth form of lichen is shrubby or hairlike. The light green "reindeer lichen", which resembles a miniature tree, is in this latter group.







Foliose lichen

Lichens range in colour from shades of green and grey to brown, orange and black. The bright greens of the mosses give added colour to this mural, as do the ferns, grasses and delicate wildflowers that have taken root in minute pockets of soil.

The development from bedrock to forest, discussed at the last stop, can be seen clearly here. Notice the dense mats of moss roots and soil which have developed on the top of the cliff, as well as on numerous small ledges. Shrubs and trees have gained a toe-hold in this vertical world. Their roots must conform to the ledges and cracks of the face in order to gain support, moisture and nutrients.

#### 8. A.Y. Jackson Lake

A.Y. Jackson was a member of The Group of Seven, a famous group of Canadian landscape painters whose paintings reflect a love of Canada and the outdoors. A.Y. found artistic inspiration in the rugged shoreline of Georgian Bay and the Killarney wilderness. His interest in the Killarney area, as well his efforts to protect it, led to it being first given nominal park status by the provincial government in 1933.

Another Group of Seven member, Arthur Lismer, sums up A.Y.'s contribution to environmental awareness;

"Jackson has done more than any other writer or artist to bind us to our own environment, to make us vitally aware of the significance, beauty and character of the land."

A.Y. Jackson Lake occupies a granite bowl with the towering quartzite of "Hawk Ridge" in the background. George Lake lies beyond the trees on the north shore of A.Y. Jackson Lake.



#### A.Y. Jackson Lake

Killarney's clear lakes are known for their azure-blue colour. Visibility in some is as deep as 20 metres. This clarity is due to a lack of microscopic plant life called *plankton*. In fact, many of the lakes here are devoid of any life or contain only a few acid-tolerant species.

Before discussing acidity in the lakes, let's first look at how acidity is measured. A chemist would discuss this in terms of hydrogen ions. The pH scale, ranging from 0 to 14, is used to measure the acidity of a solution. A pH of 7 is considered *neutral*; a pH less than 7 is *acidic*, while a pH greater than 7 is termed *basic or alkaline*. Thus, the lower the pH reading, the more acidic the solution. The more acidic the lake water is, the less it is able to support plant or animal life.

Killarney's lakes are naturally somewhat acidic. This is due in part to the chemical makeup of the surrounding granite and quartzite bedrock. The cold, deep lakes are naturally relatively low in

nutrients compared to lakes further south. This combination results in the lakes of Killarney being very sensitive to further acidification.

In recent years we have begun to understand how these lakes are being further acidified through man's activities. Smelting operations directly upwind, as well as industrial pollutants from both sides of the Canada-U.S. border, have released vast quantities of sulphur and nitrogen oxides into the atmosphere. This returns to earth as acid rain or snow. Over time, as lakes cannot absorb more acidity, their pH levels drop. Once pH levels drop to a critical level, many species of fish and other aquatic organisms fail to reproduce and, one by one, disappear. The clear lakes serve as a reminder of our potential to disturb a delicate natural balance.

For more information on Acid Rain and the acidification of area lakes, visit the display near the beach in the George Lake campground.

#### 9. An Invitation to Explore

From the top of this outcrop, one can view George Lake to the southwest. Directly below and to the left lies Proulx's Marsh, where the trail started. The high granite hill in the distance to the southwest marks the site of a lookout on the Granite Ridge Trail. Beyond, the waters of Georgian Bay are just barely visible through a dip in the ridge.

This trail has taken a brief glimpse at two completely different environments—the bare rock and thin soils of the ridges, as well as the wetlands, streams and lakes of the basins. Geological forces first created the ridges of the La Cloche Mountains; glaciation sculpted the rock into ridges and basins. Plants and animals have also contributed to this landscape of marshes, bogs, ridges and forests.

We invite you to explore more of Killarney. The park's interior can be explored by canoe or by hiking the La Cloche Silhouette Trail. This trail covers approximately 100 kilometres and requires about 6 to 8 days to complete. For a shorter excursion of only a few hours, the Granite Ridge Trail is a delightful hike, with excellent lookouts of the La Cloche Mountains and the Geogian Bay coastline. We hope you have enjoyed this trail and continue to explore the Killarney wilderness.

The route descends a short steep section of rock before bringing you to the trail's end. From here, it's a short walk back along the road to where you started the Cranberry Bog Trail.

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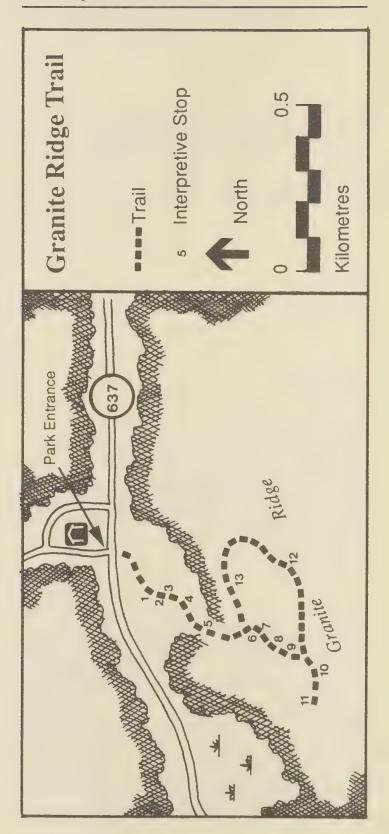
Design: Roel Teunissen

# Granite Ridge Hiking Trail

#### Introduction

This is a rewarding trail, offering in just 2 kilometres  $(1^1/2)$  to 2 hours) panoramic lookouts and some insights into how different plants survive under different levels of environmental stress and competition. Along the trail, we can also get a glimpse of pioneer history and examples of how humans have made use of the natural resources around them.

The trail progresses from the easy terrain of the flatlands to more rugged conditions on the exposed ridgetops. Although this is not a difficult trail, there are some moderately steep sections. Practical footwear should be worn. Insect repellant and something to drink are also recommended. A map and compass will assist you in locating landmarks from the lookouts; binoculars and a camera will let you capture the view. The headings in this guide refer to numbered stops along the trail. Enjoy your hike!



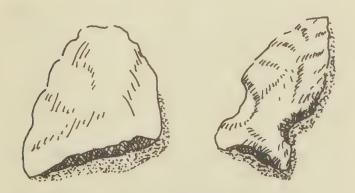
Friends of Killarney Park

#### 1. Ancient Sands

About 9,000 years ago, the slope before you was part of the shoreline of *Glacial Lake Nipissing*, an ancestor of Lake Huron. At that time, the land was weighted down by glacial ice two kilometers thick. As the ice melted, the land rose and the water receded gradually over several thousand years until it reached the level it is at today. This ancient beach you are standing on is now 30 metres above Lake Huron.

There is evidence that these ancient beaches were occupied by nomadic Indians in the years following 9,000 B.C. Adapted to a tundra-like environment, perhaps living in sight of a slowly retreating glacier, these people hunted mastodon and caribou. Unrefined hunting tools, such as stone knives and lance heads, were cut from the nearby quartzite rock.

Between 5,000 and 400 B.C. more people lived in the area. Fishing and hunting tools became somewhat more refined, enabling them to improve their harvests. Their technology included scrapers, projectiles and arrowheads mined from local quartzite quarries.



Slate Chopper and Projectile Point Artifacts

Sand, clay, and gravel from the bottom of ancient glacial lakes formed the flatlands you are standing on today. In the 19th century the original forest cover was removed, not by lumberjacks but by other hardworking pioneers. You'll meet them at the next stop!

#### 2. Mammy and Pappy

About 1858, Miles Tyson, the tall, blue-eyed son of a wealthy English family journeyed to Killarney where he met and married a short, dark-haired Canadian girl named Cathyrn Solomon. They homesteaded on this site, building a square timber house and clearing 6 hectares of land—the first farm in the Killarney area. Mammy and Pappy, as they came to be known, kept assorted cattle, hogs and chickens. They also raised six children; several of their descendants still live in the area today.

Pappy Tyson farmed and trapped this land for well over half a century. The Tysons planted hay crops, garden vegetables and some fruit trees. At least two types of chokecherries are found along the path—the yellow variety was probably introduced from England; the dark cherry is a native species. Mammy and Pappy used the berries to make chokecherry jelly and Christmas wine. The favourite home brew of the Tyson clan was another beverage—spruce beer—artfully made from spruce branches.

Little evidence of the farmstead remains. The rolling terrain underfoot is all that is left of once-furrowed fields. Pieces of farm machinery can be seen further along the trail. Their house

burned during a lightning storm in the late 1960's. Later, the charred timbers were bull-dozed into the root cellar basement. Only one small outbuilding, hidden in the shrubs, remains from the early days.

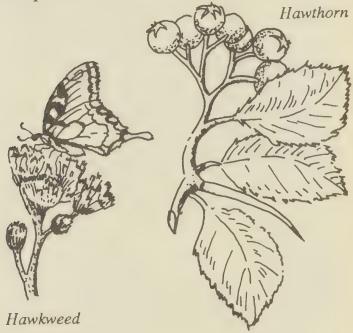


The Tyson Farmstead

### 3. Life in a Field

Once the home of cultivated plants, the old fields of the Tyson farm are now reverting to a more natural state. Red pine seedlings were planted in much of what was once ploughed fields. The remaining area has been invaded by a variety of *pioneer* plant species—the first to grow in open, disturbed sites.

Can you identify any of the invading pioneer species? Wild strawberry and red clover nestle close to the ground. Other plants found include hawkweed, members of the daisy family, asters, goldenrod, pineapple weed, and grasses such as foxtail, panic grass, and the tall brome grass. Common juniper, as well as a species of spirea, are two of the low shrubs growing here. A taller shrub, the hawthorn, is distinguished by its long, sharp thorns.



The pine plantation and the pioneer plants in the clearing provide food and habitat for a variety of animal life. Mice, voles, and rabbits enjoy the cover offered by the tall grasses. Deer make the raspberry bushes their late summer bedding grounds, while red squirrels frequent red pine and white spruce to feed on the cones.

Can you guess the age of the coniferous trees in the plantation? The age of a young conifer can be estimated by counting the number of whorls of branches—one ring of branches around the stem for each year of growth. Add a couple of years for the seedling stage. These trees were planted in 1967.

### 4. Old Travelled Road

You are standing on what was once the Tyson's wagon road and winter sleigh route to the village of Killarney.

Roads and cars were rare commodities during the farming and lumbering days. Some vehicles did, however, make it to Killarney. The more intact derelict before you is a late 1940's Dodge, which came in over the newly built Highway 637 in the mid-1960's. The other is the remains of a 1931 Chevrolet, which Billy Burke, a Tyson grandson and Killarney Park Ranger, drove over from Manitoulin Island. The crossing was made over the winter ice in 1955.



Before roads connected the towns around Georgian Bay, water routes were the only link between the mainland and Manitoulin Island. It was not uncommon for the Killarney boys to skate 35 kilometres to Little Current for a hockey match and then skate back home, all in one day!

### 5. Pasture Aplenty

If you were a homesteader, how might you make a living here? The Tysons grazed 4 or 5 cows and a bull in this swamp until the hay was in.



Bluejoint Grass

Remains of an old cedar fence extend south to meet the steeply sloping bedrock. The fence, along with the steep terrain, provided a sufficient barrier to contain livestock. The alder swamp may look like poor pasture, but it contains natural wetland meadows of blueioint grass that provided plenty of feed. The use of this wetland grass for pasture led to the flooding of other areas by homesteaders to create more pasture.

To the right of the trail lies part of a geared mowing machine used to cut hay on the farm. Left of the trail grows a large, multi-stemmed red maple, recognized by the hairy undersides of its leaves. Red maple twigs were eaten, not by cattle, but by the settler's "bush beef" — deer

and moose, which still browse here in winter. We will see other maple tree species further on.

### 6. Tree of Life

The tree to the left, with branches overhanging the trail, is white cedar. With scaly leaves and stringy bark, it is quite primitive looking. This slow-growing evergreen has been highly valued for centuries. Chemicals in the wood make it rot resistant. This unique characteristic has made it popular for canoes, shingles and similar products. The importance that white cedar has held throughout the ages is reflected in its Latin name, *Arbour Vitae*, which means "tree of life".

White cedar thrives in places like this, where intermittent streams percolate down the hill-side, moistening the soil. Watch for more white cedar in similar wet areas further along the trail.

The trail forks just ahead—stay to the right. You will come back to this spot on the return loop.

### 7. Higher and Drier

Both red and white pine thrive on the dry, thin soils found on this slope. These two pine species, and another one which we will see later on the ridge, are characteristic of the rocky, windswept terrain found throughout Killarney and the Georgian Bay coast. Environmental stresses, such as a thin soil layer and lack of moisture, can be greatly accentuated by the local topography—notice that we have only started to ascend this ridge.

Companion plants growing with the pines include blueberry and bracken fern. The Canada Mayflower, also known as Wild Lily-of-the-Valley, grows in the protective shade of the pines. It is found in small, dense patches here and in other locations along the trail. Watch for its shiny, pointed leaves and showy white flowers which bloom in May.



Canada Mayflower

### 8. A Good Place To Grow

Compared to the terrain at the last stop, this is a much better spot for trees to grow. This small valley contains a pocket of slightly deeper, richer soil. Maple and birch are the main species found here. These deciduous trees prefer protected areas such as this with fairly deep, well-drained soils.

The striped maple is a fairly small tree, growing in the shade of much larger surrounding trees. It can be distinguished by its smooth, greenish-brown bark with long greenish-white stripes. Look for its large, three-lobed leaves. The leaves and young twigs are eaten by moose and deer—giving it the nickname of "moosewood".

The well known sugar maple also grows here. It grows to be a much larger tree than the striped maple. Look for its grey, deeply fissured bark and five-lobed leaves. The practice of making maple syrup from this tree's sap has been carried out for centuries.

Two species of birch grow here. The white birch is easily recognized by its characteristic white bark, which is often peeling. The other species is the less known yellow birch, which has bronze-yellow bark. It often grows in association with beech, sugar maple, hemlock and white pine.

Leaf shape and bark texture are two of the characteristics that foresters and naturalists use to identify tree species. The illustration on the following page shows four of the deciduous tree species found here. Can you identify them?



### 9. Who's the Toughest of Them All?

The plants here, near the top of Granite Ridge, are subject to severe environmental conditions. Jack pine, juniper, blueberry, hair grass, various lichens and mosses are tough enough to survive the wind and the lack of shade, moisture and nutrients. They manage to maintain a toe-hold on these exposed ridges.

Jack pine is a tree which is associated with areas prone to forest fires. Its cones open only after exposure to extreme heat. During a fire, the resins which keep the cones tightly closed are melted by the heat. Soon after, the cone scales open to release the seeds in the nutrient-rich ashes of the burnt over area. In this manner the jack pine can quickly start to grow again in a burned area. Because jack pine is the main species found in burned areas, it is considered to be an *indicator species* of this type of habitat. Its presence often *indicates* a history of fire.

By closely studying an area, much can be discovered about its *fire history*. Forest ecologists might look at the number of jack pine cones and seeds found in the soil. By studying scars in trees that have survived fires in the past, much can be learned about the frequency of fire in the area, as well as the intensity of past fires.

If you need a rest, the next two stops are great spots to catch your breath. You will also get breath-taking views! Just ahead the trail splits. Follow the right-hand trail to the lookouts at stops 10 and 11. You will then return to this point before continuing with the rest of the trail.

### 10. Georgian Bay Lookout

Today, this section of Georgian Bay is renowned as a recreation spot for hikers, canoeists, yachters and fishermen. In the past, however, the channels between islands as well as the waters further off-shore served as important transportation routes.

The narrow channel directly south of our lookout is Collins Inlet. Phillip Edward Island makes up the large land mass beyond. Historically, the inlet was used by Voyageurs as a sheltered passage when travelling westward from the French River. During the last century, Collins Inlet was used by schooners transporting lumber from the logging village of the same name, which lies 16 kilometres to the east. The abandoned village site is now used as a tourist lodge.

Georgian Bay is about 85 kilometres wide here. The Bruce Peninsula, the nearest point of mainland, lies out of sight due south. The farthest island south, visible on the horizon on a clear day, is Lonely Island which is about 50 kilometres from here. A flashing lighthouse beacon in the middle of the island may be seen with binoculars. Much closer lies Squaw Island, the other large island to the south. Squaw Island was once a bustling centre for fish canning. The long fingers of land further to the west along the horizon are part of Manitoulin Island, which, according to Ojibwa legend, is the home of the Great Spirit or *Manitou*.

This section of coastline is constantly exposed to severe storms, prevailing Westerly winds and winter ice damage. The small rocky islands offshore are almost totally devoid of vegetation due to waves, wind and ice. The larger islands, as well as the mainland shores, are also affected—notice the high-water mark, below which no vegetation exists.

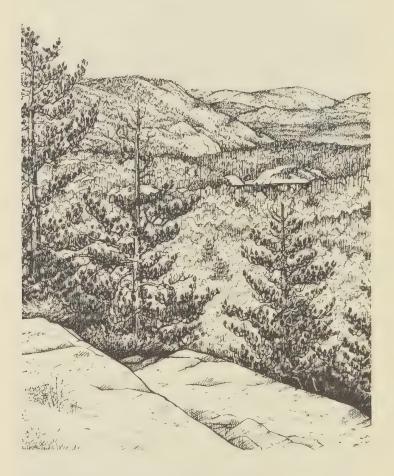


Collins Inlet and islands to the south

Although the local weather conditions can be quite severe, the general effect of Lake Huron is to moderate the climate of the region. Areas close to the lake are generally cooler in summer and warmer in winter than areas further inland.

### 11. La Cloche Lookout

To the north unfolds a panorama of the rugged La Cloche Range. The closest ridge is Killarney Ridge. The summit of this ridge, Gulch Hill, lies directly across the valley about five kilometres away, at a height of 280 metres above Georgian Bay. Behind and to the right of Gulch Hill lies an even higher, unnamed summit of the Blue Ridge.



View north to the La Cloche Range

On the ridge-tops of Killarney, the predominant tree species is red oak. Generally a more southern deciduous tree, it is near the northern edge of its range. The red oaks seen here are dwarfed, not growing as tall as similar trees further south. Intolerant of competition with other tree species, it often forms pure stands on rocky ridges.

The sparse vegetation on the ridges contrasts with the lush growth of the valley. Even here, there are areas hostile to tree growth. A good example lies below and to the west, where flooding by beavers has drowned the forest. The highway corridor and the old field illustrate how man has changed the forest habitat.

The water barely visible beneath a pink cliff to the northeast is George Lake, site of the main campground. Further north lies the rugged backcountry of the park interior, where you can canoe or hike to remote campsites and explore the high quartzite ridges.

The high ridges bring us closer to bird species which use the updrafts for gliding—the ravens, gulls, and hawks. Warm air rises up the sides of the ridges, creating thermal lifts. Soaring birds catch a ride with these *thermals*, rising to great heights.

Return along the same trail back to the intersection. Stay to the right to follow the return loop.

### 12. Elegant and Hardy Hemlock

This swamp feeds the underground stream that crossed the trail earlier at stop number 6. As we have already learned, white cedar thrives in moist soils. Another tree which does well in these conditions is the elegant hemlock. The

hemlock's dense foliage casts a heavy shade, restricting plant growth on the forest floor. Vegetation which can tolerate the dense shade can thrive in the moisture of the stream bed—notice the lush sphagnum and other mosses carpeting the ground and fallen logs.



#### Hemlock

In winter, the dense canopy of old growth hemlock shields the forest floor from falling snow. Deer often seek the shelter of such relatively protected areas or *yards* in winter.

### 13. Nature's Sculptor

The smooth, rounded surfaces of these pink granite outcrops are the result of glaciers moving across the landscape during the last ice age. The outcrops were scoured and polished by fine rock debris embedded in the glacial ice. In some

areas, the rock surface is so smooth it appears quite shiny. In other areas, there is evidence of larger pieces of rock having been dragged along by the moving ice. Look for *striations*, tiny grooves or scratches, as well as *chatter marks*, scallop-shaped nicks or chips in the rock.

As you return to your campsite or travel down the highway, you might see further evidence of how the bedrock of the Canadian Shield was sculpted by glaciation.

Looking down into the valley below, you may get a birds-eye view of some of the points discussed earlier along the trail. Notice the raised beach at stop number 1, as well as the furrowed fields and the red pine plantation on the old Tyson farmstead.

The trail now returns to the intersection at stop number 6. Turn right and follow the trail back to the start.

The Granite Ridge Trail is only a small part of Killarney's unique landscape. Now, as in the past, man relies upon the resources of the land for his very existence. Perhaps it is only when we return to a wilderness setting for our recreation that we can truly reflect on the value of the land around us. The resources of Killarney Provincial Park are protected for us, as well as future generations, to enjoy.

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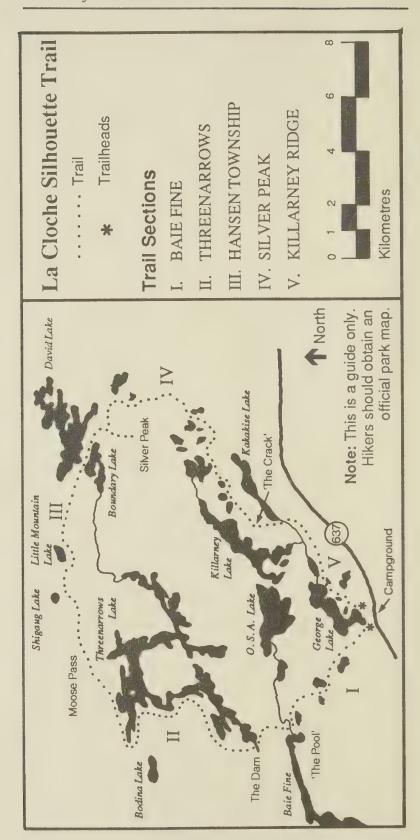
# La Cloche Silhouette

## Hiking Trail

### Introduction

Named after his painting "LaCloche Silhouette", this challenging trail is dedicated to the memory of The Group of Seven artist Franklin Carmichael (1890 - 1945).

Wilderness activities carry an element of risk and each outing should be carefully planned. The La Cloche Silhouette Trail demands both good physical condition and a high degree of hiking ability. You should be equipped to be self-sufficient for the 6 to 8 days needed to cover the trail's approximate 100 kilometres. The trail has been divided into five sections, each of which is outlined in this guide.



Friends of Killarney Park

### **Before Setting Out on Your Trip...**

The following tips and regulations will help you to enjoy your trip as well as preserve the wilderness experience of Killarney for others.

- 1. OBTAIN A COPY OF THE PARK MAP and read the backround information before setting out on your trip. Refer to it often along the trail. For off-trail exploring, bring a compass and know how to use it.
- 2. PERMITS are neccessary for this interior trail. They are available at the main gate of the George Lake campground. Park maps may also be puchased here. Early reservations are suggested.

Due to the high use of the park's interior, a *quota system* is in effect. When you apply for your permit, you will be required to provide a *travel route plan* indicating in which section of the trail you intend to camp each night.

3. A CAN AND BOTTLE BAN is in effect. This means that all non-burnable food or beverage containers are prohibited in the park interior. All empty containers and refuse must be consumed by fire or removed from the park. This will help reduce the amount of litter in the park and allow others to enjoy Killarney's wilderness. It also enables you to lighten your pack, for many items in cans or jars can be placed in reusable, non-breakable plastic containers.

4. Camp only at DESIGNATED CAMPSITES. Follow yellow markers on side trails to these sites. Campsites are marked by a red triangle on the map or a yellow poster on site.

Small groups are a must. Due to the sensitivity of interior campsites, a maximum of nine persons are allowed per site. Larger groups should be split up, with each group camping at separate sites with a separate permit.

- 5. The main trail is marked with *blue markers* and supplemented with rock cairns on the open ridges. The trail starts and finishes at two separate trailheads within the George Lake Campground. The trail can be hiked in either direction. This guide, however, goes in a clockwise direction from the Baie Fine Trailhead to the Silver Peak Trailhead. Be prepared to hike a variety of terrain, much of which is very rugged and steep.
- 6. BOIL DRINKING WATER. Due to the risk of contracting Giardia, it is recommended that all lake water be boiled for at least 5 minutes. Giardia is an intestinal disease caused by a protozoan, *Giardia lamblia*. Giardia cysts are carried by humans and other animals. Even water that appears sparkling clean may be contaminated. The evening meal is an ideal time to boil water for brushing teeth and for the next day's use.

Be sure to bring enough water with you daily. Remember, it can get awfully hot on the open ridges and the next available water source may be quite distant.

- 7. Your back-country equipment should include the following items:
  - copy of park map and compass
  - good sturdy hiking boots
  - lightweight camping equipment, including a small portable stove
  - layered clothing to accommodate temperature changes
  - first aid kit and a knowledge of emergency first aid
  - food—take extra in case of unexpected delays (instant foods, granola and nuts or fruit bars are good emergency supplies). Refer to books on backpacking, or a park visitor services workshop, for menu ideas.

Keeping a log or journal of your hiking trip may help to preserve an experience well worth remembering. Page inserts for field notes are available for this guide book.

NOTE: The distances and travel times given with each section are approximations only.

### I. BAIE FINE SECTION

George Lake Campground (west side) to Kirk Creek (Threenarrows Lake).

Approximate Distance: 13 kilometres. Approximate Hiking Time: 5-6 hours.

Terrain: easy walking to Acid Lake, intermittent gentle climbs to Cave Lake, one very steep portage from the Pool to Kirk Creek.

Campsites: Lumsden Lake (2), Acid Lake (1),

Cave Lake (2), Topaz Lake (1).

Beginning at the Baie Fine Trailhead, cross the dam where the Chikanishing River flows from George Lake, at the west end.

In the early 1900's this first section of the trail—from George Lake to Kirk Creek—was used as a logging tote road. The corduroy bridges along the route groaned with the weight of horse teams carring out the giant white pine. Charred tree stumps remain as evidence of the burning used as a method to clear the land for new growth. White birch, which is often the first to re-establish in burnt-over sites, now covers large areas which were previously clear-cut.

There are several side paths eastwards to points overlooking George Lake. In the lumbering days, the lake was used to store logs. In early spring they were driven downstream to Georgian Bay for processing at one of the local mills.

The first campsites are found at Lumsden Lake. A panoramic view of Georgian Bay awaits those who climb the ridges at the east end of the lake.

From Lumsden Lake, the main trail continues to Acid Lake after first crossing a small section of beaver ponds. The campsite at Acid Lake is just off the main trail. The route continues north, bordering the lake and continuing the climb into the La Cloche Range. Nearing Cave Lake, the trail passes by stands of hemlock growing in sheltered sites along the ridges. Side trails at Cave Lake lead to the campsites.

Artist Creek is just past Cave Lake. The creek runs over glacier-smoothed outcrops of pink granite and empties into Baie Fine. At this point it is not uncommon to meet people who have reached the park by boat via Baie Fine and "the Pool". The Pool is a popular yacht anchorage on the North Channel route of Georgian Bay. Among those attracted to it was the late Mr. Ole Evinrude, the inventor of the outboard motor.

Many artists have made this part of the park a favourite, the most renowned being members of the Group of Seven. A.J. Casson, A.Y. Jackson, Frank Carmichael and Arthur Lismer all painted in the La Cloche area.

Frank Carmichael was the first member of the group to visit the La Cloche Range in 1926. Among his favourite areas to sketch were Nellie Lake and Howry Creek. In fact, it is Carmichael's 1939 painting "La Cloche Silhouette" that this trail is named after.

The climb from the Pool at Baie Fine north to Threenarrows Lake is the steepest portage in the park. It is worth the effort to view the Pool from one of two lakes on either side of the portage—Pearl Lake on the east or Topaz Lake on the

west. The steep climb to Topaz Lake also leads to the campsite there.

On the downhill side of the portage, heading north, the trail turns left off of the portage and continues down to the dam which maintains the water level of Threenarrows Lake. It then follows the south side of Kirk Creek for approximately 1 kilometre before crossing to the north shore.

### II. THREENARROWS SECTION

The dam at Kirk Creek to Moose Pass (NE corner of Threenarrows Lake).

Approximate Distance: 24 kilometres.

Approximate Hiking Time: 10 - 12 hours.

Terrain: relatively easy walking to Bodina Lake portage. Gentle hills, shoreline, lowland valleys, occasional steep climbs and rugged ridges along the north shore of Threenarrows Lake to Moose Pass.

Campsites: Threenarrows Lake (5), Bodina Lake (1), Moose Pass area (2).

The trail from here to the Bodina Lake portage is relatively easy walking through mixed maple and hemlock forest. A campsite is located east of the dam on the north shore of Kirk Creek. After a short climb, the trail follows close to the Threenarrows shoreline, with three campsites located on the west shore of the lake.

At points the trail comes very close to the Great Bog, which lies to the west. This is an extensive area of mature wetland. The trail curves to the west and follows an inlet extension of the lake. A portage trail from Threenarrows to Bodina Lake crosses the trail. One of the campsites on Bodina Lake is accessible to hikers. Another site is located along the north shore of the inlet to Threenarrows Lake.

The trail follows the north shore of Threenarrows Lake before heading almost due north, then east toward Moose Pass. This is the Northern Range of the La Cloche Mountains. Here the terrain is very steep and rugged. Although the climb is demanding, the views south from lookouts along the way are impressive. There are two campsites in the Moose Pass area. Moose Pass is the steep, narrow valley which runs from the northeast corner of Threenarrows Lake northward to Moose Lake. It might be a good idea to fill water bottles here before continuing eastward along the ridges.

### III. HANSEN TOWNSHIP SECTION

Moose Pass to Silver Peak.

Approximate Distance: 28 kilometres. Approximate Hiking Time: 12-13 hours.

Terrain: steep, rugged ridges.

Campsites: Shigaug Lake (2), Little Mountain Lake (1), David Lake (1), Boundary Lake (1).

Hansen Township is named after wheelchair athlete Rick Hansen and his "Man in Motion" tour around the world in 1985-87.

The trail from the stream at Moose Pass is a steep climb through mature hemlock. Virtually no shrub layer exists and the ground cover is a mat of decaying needles. After the climb, the route passes by several ponds on either side and continues through cool, shaded areas of hemlock, except for intermittent treks along the ridges. Here the views are spectacular, with vistas of Threenarrows Lake and the Blue Ridge Mountains to the southeast. Further along, the trail looks south over lowlying wetland towards Kirk Creek. Each time the trail angles and comes out to a ridge there is a different, yet equally beautiful, scene before you.

Moose, deer and bear are the large mammals that you may encounter in these areas. Night sounds may include the howls of wolves from a small pack that range throughout the northern sectors of the park.

Two campsites are located on Shigaug Lake, a short distance from the main trail. The campsite at Little Mountain Lake is approximately 650 metres up a side trail.

From Little Mountain Lake, the trail runs parallel to another old tote road used during the logging days of the early 1900's. Instead of following the road, the trail travels the ridges and offers more of the beauty of the area to those who venture to hike it. Where the ridges are open, with sparse vegetation, stone cairns mark the route.

The panorama continues to unfold as the trail approaches David Lake. Good views of both David Lake and Boundary Lake appear on ei-

ther side of the trail. Side trails lead to campsites on each lake. A short distance further, the trail crosses a portage between the two lakes. The trail curves around the east side of Boundary Lake and heads south. About a kilometre beyond, the trail splits, with the right hand branch continuing southward for about one kilometre to the summit of Silver Peak. The hike up should take about an hour and the view from the top is well worth the climb.

### IV. SILVER PEAK SECTION

Silver Peak, Silver Lake to "the Crack".

Approximate Distance: 20 kilometres. Approximate Hiking Time: 7 -8 hours.

*Terrain*: ridges, steep slopes, valleys, secondary forests.

Campsites: Silver Lake (3), Bunnyrabbit Lake (2), Heaven Lake (1), Proulx Lake (1), Little Superior Lake (1).

Silver Peak, at 539 metres above sea level, is the highest point in the La Cloche Range. On a clear day, the 360° panorama encompasses the entire park area. The city of Sudbury can be seen 45 kilometres to the northeast, as well as much of Georgian Bay to the southwest.

Descending and returning to the main trail, turn east at the fork in the trail and follow the main trail along an old logging road for approximately 1.5 kilometres. The path again diverges, with the main trail leading south past Silver Lake. Silver Lake has three campsites and is also a good place to replenish your water supply.

The next several kilometres of trail run through hemlock-dominated forests until Bunnyrabbit Lake. One vantage point before you reach the lake gives an excellent view of it—revealing the shape of the shoreline, which is how the lake got it's name. A side trail to the southeast leads to two campsites.

Southwest from Bunnyrabbit Lake the trail is more rugged, with rockland areas of oak and pine. The trail passes by Hemlock Lake, then dips and climbs to Heaven Lake, where a campsite can be found.

The trail descends to the Norway-Kakakise Lake portage and follows it northwestward for a distance before turning west to climb back up on the ridge. The steep climb continues up the quartzite ridges past Shingwak to Proulx Lake. A campsite is located on a side trail to the northwest. Another campsite can be found just ahead on the shore of Little Superior Lake. All three of these lakes have clear, deep blue waters.

The route continues along the rugged Killarney Ridge to a dramatic cleft in the rock known as "the Crack". Here, the trail descends steeply towards Kakakise Lake. The Crack, located atop the ridge, is a well-travelled destination point for ambitious day hikers from the George Lake campground. From this point you overlook Killarney Lake and the South La Cloche Range, as well as Georgian Bay to the south.

### V. KILLARNEY RIDGE SECTION

"The Crack" to George Lake.

Approximate Distance: 10 kilometres. Approximate Hiking Time: 5 - 6 hours.

*Terrain:* Steep slopes, secondary forests, hemlock stands.

Campsites: Sealey's Lake (1), Wagon Road Lake (2), Little Sheguindah Lake (1), A.Y. Jackson Lake (1).

The Crack itself is challenging whether climbing or descending. Be very cautious here and choose your footing with care. A fall could be disastrous.

As with the North La Cloche Mountain section, much of the trail on the open ridges is marked by stone cairns. The harsh environmental conditions here restrict plant growth, with no large trees available for trail signs.

The descending trail touches Kakakise Lake and then follows the portage to Killarney Lake for a short distance before turning south. After crossing the beaver dam at Kakakise Creek, head southwest along the Freeland-Kakakise Lake portage, past a campsite on Sealey's Lake.

Freeland Lake is worth a detour to get a good look at the rich aquatic vegetation. This is a good spot to view wildlife such as beaver, otter, ducks and moose. You might even spot a bear feeding on berries by the shore.

The trail continues southwest, where two campsites are found on Wagon Road Lake — a pretty little lake with a ridge of pink granite on its southern shore. The trail crosses a beaver dam and follows through more lowland until just before Little Sheguiandah Lake. A short climb brings you to an overview of this lake. Surrounded by walls of pink granite, Little Sheguiandah is a shallow lake, averaging 2 metres in depth. A campsite is found on the south shore.

The trail continues through a mixture of oak and pine to hemlock forest. Here it connects with the return loop of the Cranberry Bog Trail. This close to George Lake, you may encounter many day hikers.

The last lake on the trail is A.Y. Jackson Lake, named after The Group of Seven artist. This picturesque lake is a favourite for painters; the view from the south shore takes in the white quartzite of Hawk Ridge, which borders the north shore of George Lake. The campsite at "A.Y." is on the northwest shore, approximately 850 metres along the side trail.

Just before George Lake, the trail makes one final steep descent before bringing you to the Silver Peak Trailhead sign. Congratulations! You have now completed the La Cloche Silhouette Trail. Don't forget to sign the trail register at the trailhead sign.

Over the days taken to travel this route, you have covered the very heart of Killarney's wilderness. This is a landscape formed by immense geological forces, sculpted by glaciation and inhabited by vegetation and wildlife adapted to the often severe conditions which exist here. Man, too, has been active here, but the natural beauty prevails. Combined with the clear mountain lakes and the spectacular Georgian Bay coastline, Killarney has much to offer those who seek the rugged country.

We hope you have enjoyed your journey and that thoughts of the trail will bring back pleasant memories.

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Trail Notes

Trail Notes	





### Tips for Along the Trail ...

- This is a wilderness park. Do not exceed your capabilities. You are responsible for your own health and safety.
- Leave no trace of your visit. Help preserve Killarney's natural beauty and heritage.
- All water in the park interior should be boiled for at least five minutes to prevent the risk of contracting giardiasis.
- Hike only along marked trails. If venturing into the backcountry, obtain a copy of the park map, available from the Park Office.

This edition celebrates the twenty-fifth anniversary of Killarney Provincial Park 1964 - 1989

This publication was produced by the Friends of Killarney Park in co-operation with the Ontario Ministry of Natural Resources.